



Clear Reflections Psychotherapy, PLLC Traci Breniser Wilson, MA LLP

Do You Love What You See in the Mirror?

Love Your Body Day, a project from the NOW foundation, is scheduled held annually, but any day of the year is the right day for women to embrace their natural figures. Love Your Body Day is a national day of action to speak out against disrespectful, negative, and harmful advertisements, raise awareness of health issues, and to celebrate the beauty and diversity of all our bodies.

Hollywood and the fashion, cosmetics, and diet industries work hard to make all of us believe that our bodies are unacceptable and need constant improvement. Television bombards us with makeover and plastic surgery shows cementing the message that our natural, God given bodies are unacceptable. Print and television ads reduce us to body parts—lips, legs, breasts, abs—airbrushed and touched up to impossible standards. It is no wonder that the number one wish of girls age 11-17 is to be thinner.

There are many things you can do to get involved with Love Your Body Day:

1. **Host a party.** Invite friends over and talk about their feelings and experiences. Talk about how to develop a healthy lifestyle and attitude.
2. **Sound off to advertisers.** Don't buy products from companies that use negative images of women and men in advertising. Make sure that magazine editors, television producers and others know what you think about the images they are choosing.
3. **Get the facts.** Get the facts on how advertising affects our health, body image and self-esteem.
4. **Make a pact with yourself to treat your body with respect.** Give yourself a break from fashion magazines and the mass media. Try a new physical activity just for fun, not to lose weight. Stop weighing yourself and change your goal from weight loss to improving your health.
5. **Together we can fight back.** Girls, boys, women and men need a definition of beauty that focuses on who they are and what they do, not on how they look. Love Your Body Day

Traci Breniser Wilson is a clinical psychologist with offices in Brooklyn, MI. She has 30+ years of experience and specializes in eating disorders, weight loss, depression, anxiety, marriage repair and enrichment, addiction, grief and loss, Christian therapy, and goal achievement. For more information on Love Your Body Day or other mental health questions, feel free to contact Traci.

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